



Captain Lester S. Wass Post No. 3

Of

The American Legion

Department of Massachusetts, Inc.

Post Office Box 122

Gloucester MA, 01931-0122

21 June 2024

Brian Torkildsen, the commander of Sons of the American Legion Post 3 in Gloucester, MA, urgently needs a bone marrow donor. Brian has been a strong advocate for veterans and the local community through Post 3's holiday meals program and monthly breakfasts. For several years Brian has been a lead member of the Legion's Holiday Meals program, and instrumental in recruiting volunteers to work in the kitchen. As the Commander of the Sons of the American Legion for Post 3, he instigated the monthly Sunday Veterans' breakfasts. Let's rally together to support him and others in need!

Becoming a bone marrow donor is a noble endeavor that can save lives. Here's a concise guide on how to become a donor using the Be The Match website (<https://bethematch.org>):

1. **Sign Up:** Visit the Be The Match website and sign up to join the bone marrow registry. You'll answer a few questions about your medical history to determine if you're a good fit.
2. **Receive a Swab Kit:** After signing up, you'll receive a free cheek swab kit by mail within 3-7 business days. Follow the instructions to swab your cheek and send it back.
3. **Genetic Typing:** Your sample will be tested, and your genetic type will be added to the National Marrow Donor Program (NMDP) registry.
4. **Wait for a Match:** Due to the genetic complexity of matching donors to patients, it may take several months or even years before you're matched with a patient in need.
5. **Donate:** If you're a match, you'll be contacted. Most donations involve no surgery at all—similar to donating plasma. The process typically takes a few hours over a few weeks. Donating is safe and doesn't impact your ability to have children.

Thank you for considering becoming a bone marrow donor and making a difference in someone's life! If you are not a good candidate to donate, and wish to help Brian, please consider donating to the Sons of the American Legion Post 3, P.O. Box 122, Gloucester, MA 01931-0122 and annotate that the donation is for the Brian Torkildsen fund. Donations may also be dropped off at the American Legion at 8 Washington St.

Paul E. Krueger
Chaplain